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For Immediate Release

“Live Stronger, Longer”

“National Public Health Week, April 4 – 10, 2005 is about empowering Americans to live stronger, longer,” said James Felten, Public Health Director. “Many older adults are missing opportunities to get the most out of their later years, so we encourage residents of San Bernardino County to follow the **three P’s – Prevent, Protect and Plan.**”

During the Board of Supervisors meeting on Tuesday, April 5th, Susanne B. Montgomery, Ph.D., current Director of the Health Research at Loma Linda University, will receive a Resolution for her almost 20 years of collaborative efforts on multiple research endeavors leading to improved health and increased research funding to the areas she works, primarily in San Bernardino County.

Eric Frykman, MD, MPH, Health Officer, will also present a County health status report during the April 5th Board of Supervisors meeting. He will highlight local health data on West Nile Virus, the ABC restaurant rating system, and communicable and chronic diseases.

Public health advancements are enabling Americans to live longer lives, but not necessarily living stronger. Older adults are the fastest growing segment of the U.S. population and by 2030, one in five Americans will be older than 65. In San Bernardino County, citizens over age 65 make up 8 percent of our total population. Older adults can **prevent** many common health problems by making simple lifestyle changes, such as eating a healthier diet, getting more physical activity, removing hazards in the home that can lead to falls, and getting immunized.

Screenings can **protect** the health of older adults. Many conditions are treatable if diagnosed early. Medicare covers a wide range of preventive screenings for cancer, high blood pressure and osteoporosis.

Older adults who already have chronic conditions can **plan** to stay healthy by creating an action plan for managing their condition with their doctor and carefully following the prescribed treatment regimen.

“Enjoying more healthy years is within everyone’s reach, if you follow the **three P’s** approach – **prevent illness and injury, protect health through screening, and plan to stay healthy** – so older adults and their families can stay healthy, happy and active for years to come,” said Dr. Frykman.

For more information about services available from San Bernardino County Department of Public Health and our community-based partners, call 1-800-782-4264, or visit the web site at www.sbcounty.gov/pubhlth.

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